

THE ACTIVE DRESS IN JUMPER STYLE FOR MISSSES

Large Hips Reduced by Exercises Properly Taken

Every so often there is an accumulation of liquor, making how hips may be reduced in size.

To begin with, corsets properly shaped are a help, and they should be long over the hips, held down by suspenders at the sides as well as at the front. Even with this support there should be exercise for the purpose of reduction, for a figure overhanging is ungraceful and stiff.

An outside agent sometimes helpful is iodine soap, and this is used at night, rubbing a thick lather over the places to be lessened in size. The lather should remain for fifteen minutes or more, and while it is on is the best time for doing the exercises. Try these movements: Hold both hands high above the head, draw in the abdomen muscles, and while inhaling a deep breath rise to the toes and take five steps about the room, not exhaling until the arms are dropped to the side. At first once will be enough to do this, but after a few days repeat it for five times. This is one of the best exercises for reducing a large abdomen, for muscles are called into action that ordinarily are weak. It also "pulls" off flesh.

One reason of superfluous flesh about the waist is that muscles there are not used as they should be, and so become flabby. For this a devitalizing exercise is good, done by relaxing all the muscles of one arm and side until it is quite limp. The other shoulder should also be devitalized. Then, with the feet firmly together, bend the devitalized side from the hip, leaning sideways as far as possible, then straighten and repeat. This, if done, will give the waist muscles a pull, will aid digestion and improve the general strength of the stomach. Excellent not only for hip reduction, but to promote digestion, is another movement, done by placing the heels together and putting both hands on the hips. Then, with the feet still firmly planted, pull the body around first, one side, and then the other, as far as will go. These exercises should be done regularly night and morning, but certainly once a day, and they cannot be too hard. Corsets and muscles must be made to work and to do their share, which they will only then, when exercised, not merely moved. Iodine soap should not be used often more than twice a week. Of course, all sweet and starchy foods should be removed from the diet of a person trying to reduce, and no liquids, not even soups, should be taken with meals.

To Make Happiness

If you want to be happy, decide to be so, and see everything in a happy light. It is astonishing how many things become more colored when thus viewed and how many others reveal happiness that might have been missed were not one looking for it.

You see almost everything in life has two sides, one pleasant and the other unpleasant. It is quite bad enough that the unpleasantness should exist without increasing by dwelling upon it, and the thing to do is promptly to forget the bad side and try to discover the good. It isn't easy, of course, but this is precisely where character comes in, and a girl who takes hold of the world always by its good handle, finding compensation in all things, is the one who gets the most and is the happiest. It is an encouraging fact that there is no experience of life however saddening or hard that does not have its compensation if one will take the trouble to look, or is willing to learn from it. All of us know people who have grown bitter by sorrow or misfortune. They are those who have refused to get the good that may come from difficult conditions, and their own lives are therefore harder, as they become complaining, unhappy and unlovely.

On the other hand, we know too, a few who have grown sweeter in misfortune. Instead of thinking, as do the unhappy, of what they have lost, they think gratefully of what remains and cheerfully learn the hard lessons that have come. There always is something to be grateful for, if one wishes to think so, and to do it means a great help toward gaining happiness. A girl who is poor has much to be thankful for in being well and able to go about. It is hard to work sometimes, and one who must do only make herself miserable if she likes in contrasting her own life with that of a girl of leisure and wealth. But she won't be miserable if she stops to think how fortunate she is to have work when hundreds of others who are in dire need cannot get it. This is just an instance of the two sides of a thing you see, and the handle that one may take hold of each day.

One of them will make you happy and the other will make you complaining and envious, putting poison into every moment. It is so much better to be happy than miserable, and it is quite within the reach of every girl. It really depends upon herself whether she will look on the good side or the bad side. There is never a day that does not have in it something nice or amusing, just as there will probably be vexation or disappointments. To dwell on the latter is to make oneself all-around wretched, while to think of the former is to be cheerful, happy, and amusing to others.

Unselfishness is another road to happiness, not the kind of unselfishness that gives away something one no longer cares for or has plenty of, and requires no effort to part from, but the unselfishness that thinks of others rather than of oneself. There is an immense amount of pleasure in having pleased some one else, having done a good deed, and it comes from the feeling of having helped, however little. One gets a great deal more in watching the satisfaction of another when it is due to one's own efforts than in having or doing something that would have pleased only oneself.

Happiness, as a matter of fact, is a thing that lies within us all, only all do not cultivate and develop it. It is not brought necessarily by great things or many of them, but it comes always with a cheerful and contented spirit that looks for the brightness of life and the good in it, being thankful for what one has and adapting oneself to doing without the impossible. Best of all, it grows bigger and deeper as one's life goes on and we learn the good that lies in all its lessons.

Frozen Cantaloupes

Cantaloupes may be made into a frozen dessert. Wash the melons with care and cut out the pulp. To every pint of this allow the juice of one lemon and two-thirds of a cupful of sugar. Mix all these and put them through a sieve. Freeze and serve in pretty glasses. If the melon be large, chill the rind and cut thereof neatly and serve the frappe in it.

Iced Peaches

Cut very ripe peaches into halves and remove the stones and skins, sprinkle with powdered sugar and put into the can in crushed ice without salt, or with very little salt, and let stand until the peaches are half frozen. Dip each in a glass serving-dish, in the shape of a ring, and again sprinkle with sugar. Pile thick whipped cream sweetened and flavored, within the ring.

APPLE RECIPES

Baked Apples.

Core the apples, and in that opening put nuts, chopped fine, raisins, and sugar. Bake in medium oven.

Apple Compote.

Peel and core seven good-sized apples, and put them in cold water, to which the juice of a lemon has been added; then blanch them in this water until tender enough to give a little when touched. Lift them out carefully and arrange them on the serving dish. Now add a lump of loaf sugar to each apple, and lemon to flavor. Boil all together until thick, and pour it over the apples; pass whipped cream.

Apple Pudding.

Add to one and a half cupsful of strained stewed apples the juice of an orange, the grated rind and juice of half a lemon, three tablespoonsful of sugar, and two tablespoonsful of gelatin soaked in cold water. Stir the mixture until it thickens a little, then fold in the whites of three eggs whipped to a stiff froth, or a half pint of whipped cream. Turn it into a mold, and when cold serve with whipped cream.

The New Faded Colors

The craze for faded flowers and grasses, which is a fad in Paris, leads to some results which are really laughable, though those same faded flowers cleverly handled are capable of delicious color schemes.

A New York woman just back from Paris displayed the contents of her hat trunk to a group of interested friends the other day.

"Well, what do you think of them?" she asked proudly.

"The ostrich plumes are gorgeous," commented one friend, politely.

"Don't you like the flower trimmed ones?"

The friend struggled with frankness and courtesy, but the truth would out. "My dear," she said, firmly, "they look as though you had turned your last summer's hat blind side before and gathered together all your old flowers and pinned them on any old way and then left the hats out in the rain and the sun for weeks."

The description was vehement, but it answered fairly well for some of the models which the milliners recommend as ultra chic. Faded lavenders, violets, purples, blues, greens, pinks, browns, etc., are prominent among the artificial flowers, but beautiful roses and lilacs, and pansies and other flowers in natural hues are shown as well.

Paris Patterns



Boys' Russian Suit.

Consisting of a Blouse with a Removable Shield, and Knickerbockers.

Paris Pattern No. 2076.

All Seams Allowed. The Russian suit is always popular for the small boy. This model is of dark blue serge, with trimming of red cloth and gold braid. The suit is stitched with dark-blue silk and has a removable shield of white flannel.

The pattern is in 4 sizes—2 to 5 years. For a boy of 3 years the suit requires 2½ yards of material 27 inches wide, 3½ yards 36 inches wide, or 1½ yards 64 inches wide; 1½ yards of contrasting material 10 or more inches wide for trimming band and belt, and 4½ yards of braid for two rows of trim.

To obtain this pattern or any of the others heretofore described in The Times, fill out the following coupon and enclose it with 10 cents in an envelope addressed to the Fashion Editor, The Washington Times, Munsey Building, Washington, D. C.

To the Fashion Editor,
The Washington Times,
Munsey Building,
Washington, D. C.:

Inclosed find 10 cents, for which send me

Pattern No.

Size.....

Date published.....

Name

.....street

.....city

.....State

Date of this order.....

THE CHAPERON'S WOE.

Sing hey! for a day
Down Anyhow Bay,
When the Wind blows in from the Sea,
And the Breakers white
And the Wavelets dance with Glee;
While your sturdy Boat
Wings on in the Teeth of the Breeze;
Then the Chaperon
Has Vows of her own.
As the Solad disengages,
Then it's grab for the Miss
And a Salt Spray Kiss,
With your good Left Hand on the
Wheel,
As you hold on tight
With a sturdy Right—
And the Contract gets its Seal!
—New York Times.

MISSSES' COSTUME



The illustration shows an attractive dress made on the jumper order. It is developed in light blue lawn. The skirt is made seven gores, having a row of Valenciennes insertion down each seam and two rows around the bottom. The blouse is finished with an inverted box plait. The blouse is made plain and trimmed with the insertion to match the skirt. The sleeves are made Japanese style. The blouse can be made either high or low neck. It is fastened in the back with buttons.

Home Treatment for Eyes

Her eyes require immediate and careful attention immediately on her return to town after the summer season if a woman would avoid having fine wrinkles. The action of street dust upon the skin after the strong sunlight of warm days quickly shows a harmful effect. That this may be so is easily seen when one remembers that being much on the water or in the open air causes a slight tension of the muscles about the eyes as they feel the glare, and if, as they relax, the skin is dried instead of being nourished wrinkles are inevitable.

We all may wish that we massaged our faces every night, and agree that it is an excellent thing to do, but the truth is that few of us do it regularly. Yet advancing age first shows itself about the eyes, wherefore must we massage there nightly.

Before going to bed wash the face well, and then wet a cloth in hot water. Put this, as hot as you can stand it, under one eye at a time where crows' feet appear, and at the top of the cheek bone. Have another cloth looking and in the first cool apply the second. Do this for five minutes to open the pores well.

Wipe gently, and then with the finger tips rub in any cream you like, glancing at the corner, where the first finger of the left hand should be laid to hold the flesh firm. Then with the first two fingers of the right hand, apply the cream by stroking gently down, going in the direction of the side of the nose, and then ten times at least, and then directly over the cheek bone rub with a circular motion.

This operation should consume certainly five minutes, and to finish cold water should be spatted over the skin. Repeat the treatment about the other eye.

If this is done faithfully it will prevent crows' feet, but practiced regularly for a month it will save them for a time.

One cannot be too particular about removing every bit of dirt from the face before going to bed if the complexion is to be at all preserved. This is never a thing that can be done quickly, but the winds that will soon begin to blow severely make it more than ever important.

Green soap and a brush should be used twice a week and hot water with bland soap every other night.

Craze for Black Jewelry.

"Are women wearing a great deal of black this season?" asked a jeweler. "I haven't noticed. If they are not they ought to, because much of the jewelry they buy is suitable only for black clothes. Every little while the jeweler's world is upset by some fad that unexpectedly and unexplainably takes possession of women. Just now the craze is mourning jewelry. Black brooches, black bracelets, and black ornaments of all kinds are sold in great quantities. That is why I asked about the black dresses. If they are not worn, there must be a good many women going about looking like freaks."

Hot Water Sponge Cake

One and one-fourth cups of granulated sugar, one and one-half teaspoons of baking powder, four eggs, four tablespoons of boiling water, a pinch of salt, vanilla or lemon to taste, cream yolks and sugar together, add beaten whites then flour and baking powder, add water and flavoring, then stir thoroughly. This is nice baked in two layers, and spread with whipped cream.

For Radishes.

In preparing radishes for a meal, when you wish to give a pretty effect to the table, take a very sharp knife and cut the round, red radishes so that the stems when drawn back look like the red flower petals. It is easily done and makes a very attractive dish.

To Can Small Peaches

Many small peaches are even sweeter than some of the large free-stone varieties. It is best to can them without removing the seeds or pitting them. Pour over the fruit enough boiling water to cover the peaches and leave until the water begins to boil, then the skins may be slipped off the same as on tomatoes. Make a sugar syrup, boiling it slightly before placing the fruit in the kettle, cook until tender, lift with a small fruit skimmer, and place carefully in the fruit jars with juice enough to cover them. Frequently peaches cooked in this manner are spoiled. This is done by adding a bag of mixed ground spices and two slices of cut lemon while the fruit is cooking.

Fruit Juice Pudding

Take the juice of one quart can of any fruit and one-half cup of water; put into a saucepan and beat. Mix one cup of sugar and three heaping tablespoons of flour, thoroughly and gradually pour into the hot fruit juice. Stir briskly and cook five minutes. Four into molds and serve cold with rich cream.

Scarf From Handkerchiefs

A dainty scarf for a bureau is composed of three fine lawn handkerchiefs joined by a strip of lace insertion. It is finished by a ruffle of lace at both ends. Under this is a pad made of dainty colored silk or satin, which is filled with a shawl of cotton batting, scented with sachet powder. A more economical way would be to make the top of the pad of silk, and the underneath of some cheaper material. Muslin would be practical, and would lend body to it. A monogram embroidered in the corner of an end would be dainty and pretty.

"Fu Ju" Brooch

A brooch which is unique, called "Fu Ju," is worn by the Chinese as a charm for long life, happiness, and success. "Fu Ju" has been worn and worshiped by the Chinese people for nearly 4,000 years and is implicitly believed in by them. The men wear these pins on their caps and the women wear them in a number of ways, usually as brooches and as pendant ornaments. They are being imported for American wear in brooches, scarf pins, pendants, and hat pins, and will probably prove extremely popular, judging from the present vogue of Chinese articles.

New Jersey Resorts.

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Bugs and Roaches

Make the home uncomfortable. Why worry with these pests when you can positively clear them out by using Fealy's Bug Killer. It does the work—that's all. Full pint 25c.

FEALY'S PHARMACY, 11th & Penna. Ave. S. E.

Health and Beauty.

Twenty-four hours before shampooing saturate the scalp with warm olive oil. Careful grooming every night with a brush will encourage hair to grow.

Before having a plaster applied to the back or chest one should take a deep breath and hold it while the plaster is being put on. If this is done the patient will not be annoyed by that drawing of the skin which is so unpleasant a feature when the plaster is ordinarily applied.

For wear under the bathing suit is a brassiere of soft rubber, boned to keep the waist-line trim and shapely, yet so pliable and yielding that the effect is graceful and much prettier than when a corset is worn beneath the suit.

Do not throw away your smelling salts when the liquid has evaporated, leaving them dry, and you think you have had them so long a time that they are no longer of any use. Renew them. That is, pour over them some perfumed ammonia—violet, lavender or whatever the salts may have been originally.

The gentlest treatment should be given the hair. When in use the comb should be held lightly between the thumb and the first two fingers. By holding the comb in this way and the use of a little gentle persistence the most obstinate snarl may be conquered. Do not injure the scalp by scratching or digging it with either comb or brush or hatpin.

The cold bath is not cleansing at all. An excellent bathing rule is a warm, soapy bath every other night and a salt rub every morning. During the warm bath use a firm bath brush, scrubbing the surface of the skin vigorously. The salt glow is usually fine for the nervous girl who awakens tired and fatigued. Rub the body with moistened salt, plunge into tepid water, rinsing the salt away with the brush and then turn on the cold spray.

Reach the lamp wick which has been turned down into the oil by using a pair of curling tongs.

Darn stockings on the right side to make them more smooth on the inside and be sure to dampen the stocking and press with a hot iron and the neat patch will not be noticed.

Fashions for Thin Women

The shoulder-line is an especially important one for the thin. A full or trimmed shoulder seam is always preferable to a plain one, and either flat stitched pleats or tucks carried down from one to four inches over the front and back disguise the meager figure as nothing else will. Any of these may be employed at present in dress waists and in e-ton or long coats. That idea should guide the slender woman in her selection of the shirt waists in wool that are coming in, the majority of which are tailored affairs. Ruffled sleeves, airy and gossamer in texture, conceal, because they harmonize with, the thin arm; whereas thick ruffles cause such a member to appear pipe-stemish as it emerges from them.

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Corn Pudding

One pint corn, one-quarter teaspoonful salt, one-quarter cup milk, one cup flour, one-quarter teaspoonful baking powder, one-quarter saltspoonful pepper. One egg. Bake about thirty minutes.

Summer Resorts.

RESORT INFORMATION BUREAU

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Useful Hints

To keep the cook book open at the right place, a hand made of elastic, one inch wide, will be found useful. When not in use it may be strapped across the closed book.

Choose cloth pillow cases for use in a sickroom are a good thing to keep in the linen closet. They may be made of the cheapest cheesecloth, so that after use in a contagious disease they may be burned.

A way to make rugs last longer is, when shaking or cleaning them, never to grasp them at the ends, but always at the side. In this way fringe is protected and ends do not unravel. The original shape of the rug also is preserved.

An economic use of candle ends.—Where many candles are used they rarely are left in the candlesticks after they have burned down to an inch or two. Now, these ends if saved will be found excellent for starting wood fires. Treading the ends into the wood is sure to become ignited.

To stop leaks in lead pipes try pounding the pipe gently with a hammer at the place where the leak is found. This can be done to lead pipes only; iron, of course, would not respond to the treatment.

Pictures from magazine covers make good puzzles if they are mounted on pasteboard and then cut into irregular pieces. Putting the pieces together is a good occupation for the children on a rainy day.

When washing clothes in cold weather put a handful of salt in the last rinsing water. While not entirely preventing freezing, nevertheless it will make the clothes easier to handle.

Watermelon Luncheon

The watermelon season reaches its height in August and this luscious fruit can well be adapted to the needs of the hostess in search for an idea for entertaining guests.

Pink garden flowers are used for decorations, hollyhocks, poppies, and geraniums all being suitable. In filling vases, bowls, and wall pockets with these flowers, use a border of green ferns, vines, or leaves, to carry out the watermelon scheme, and the luncheon is served from a watermelon, one end being cut off and center scooped out sufficiently to make a deep receptacle.

The place cards are painted in watercolor in the form of slices of watermelon. If a humorous card is desired, a pickaninny's face may be added.

For the menu: (1) Four-inch cubes of watermelon placed in a bed of asparagus fern, or on grapevine or nasturtium leaves. (2) Watermelon rind pickles, stuffed olives, Vienna bread, cold sliced tongue, hot peas in patty shells, fried sweet potatoes.

(3) Green peppers filled with salmon salad, sprinkled over the top with tiny cubes of beefs and garnished with green leaves, hot cheese wafers. (4) Pink watermelon cakes, with pink icing, in which chocolate bonbons are stuck here and there to stimulate the watermelon scheme, and the luncheon is served in small green pasteboard watermelons, the ice dotted with chocolate bonbons. Small cups of coffee may be brought in during this course. Water should be served during the entire meal and raspberry fruit punch during the second and third courses.

Dyed Laces.

In dyed laces there is a marked preference for old tones mixed with a great deal of black, and these are brightened with pipings of gay-colored satins about the neck and sleeves, and also along the upper edge of the girle. Notwithstanding the fact that the summer has been so belated in the point of warm weather, there is an abundance of light tailored costumes. White voiles and serges trimmed with flat lace are the acme of chic, and voiles made with slightly raised waists look charming for afternoon wear. A large and a Cannes women carry with such frocks beautiful parasols in green, pure white, and Pompeian red. Dress are mostly perfectly plain, but some are scalloped and trimmed with "milliner's piping" in rows, following the form of the scallops.

Corn Pudding

One pint corn, one-quarter teaspoonful salt, one-quarter cup milk, one cup flour, one-quarter teaspoonful baking powder, one-quarter saltspoonful pepper. One egg. Bake about thirty minutes.

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